

## **Abstract**

**Thesis title:** The effects on challenging behaviours in clients with autistic spectrum disorders.

**Thesis aim:** Completion of detailed information on clients with autism spectrum disorders who were enrolled in research on the effects of challenging behaviours in these clients by introducing long-term day care activity programme.

**Method:** In the thesis, qualitative experiment was conducted to monitor the occurrence and frequency of incidents of challenging behaviours for 4 clients with autism spectrum disorders before and after the introduction of the original long-term day care activity programme. The participating observation was used as a main method. Behavior Observation Chart (BOC) was used to collect data.

The research lasted 12 months in total. First 6 months involved monitoring of challenging behaviours occurrence before the original daycare programme was introduced and the other 6 months involved the same monitoring after the programme was introduced.

The impact of that programme was evaluated on the basis of records in BOC.

**Results:** The results show that after implementation of daycare activity programmes, the frequency of incidents of challenging behaviours significantly decreased.

One client was to reduce the incidence of challenging behaviours after the introduction of the original day care activity programme by 55 percent. The second client was to reduce the incidence of behaviours by 54.5 percent. The occurrence of behaviours in third client, who was a woman, decreased by 18 percent. As for the fourth client, the incidence was reduced by 47 percent.

**Key words:** autism, autistic spectrum disorders, behaviour observation chart, original daycare activity programme.